

Sacramento

DELEGATES	ALTERNATES
J. W. James	W. J. Hanna
F. F. Gundrum	E. M. Wilder
E. T. Rulison	A. M. Henderson

San Benito

DELEGATE	ALTERNATE
L. C. Hull	F. O. Nash

San Bernardino

DELEGATES	ALTERNATES
Howard G. Hill	C. F. Whitmer
J. H. Evans	C. L. Curtiss

San Diego

DELEGATES	ALTERNATES
Robert Pollock	Frank Bell
P. M. Carrington	F. P. Lenahan
L. C. Kinney	A. M. Lesen
W. W. Crawford	J. C. E. Nielsen
R. J. Pickard	Carl S. Owen

San Francisco

DELEGATES	ALTERNATES
H. E. Alderson	W. C. Voorsanger
W. C. Alvarez	S. H. Hurwitz
W. W. Boardman	
P. K. Brown	
F. B. Carpenter	
W. B. Coffey	
G. E. Ebright	
Leo Eloesser	
G. H. Evans	
W. S. Franklin	
H. W. Gibbons	
J. H. Graves	
H. P. Hill	
Frank Hinman	
Sol. Hyman	
Lovell Langstroth	
H. C. Moffitt	
Howard Morrow	
Emmet Rixford	
W. E. Stevens	
A. B. Spalding	
W. I. Terry	
V. G. Vecki	
C. F. Welty	

San Joaquin

DELEGATES	ALTERNATES
Margaret Smyth	J. D. Dameron
R. T. McGurk	F. P. Clark
B. J. Powell	

Santa Clara

DELEGATES	ALTERNATES
C. E. Saunders, San Jose	Doxey Wilson, San Jose
Frank Paterson, San Jose	C. G. Wilson, Palo Alto
J. C. Blair, San Jose	D. A. Beattie, San Jose

San Luis Obispo

DELEGATE	ALTERNATE
W. M. Stover	G. L. Sobey

Shasta

DELEGATE	ALTERNATE
Ferdinand Stabel	G. A. Flora

Solano

DELEGATE	ALTERNATE
Robert Dempsey	R. Allen

Stanislaus

DELEGATE	ALTERNATE
E. F. Reamer	B. F. Surryhne

Tulare

DELEGATE	ALTERNATE
J. C. Paine, Exeter	C. M. White, Visalia

Ventura

DELEGATE	ALTERNATE
D. W. Mott	Edith Lamoree

Book Reviews

The Woman of Forty. By Dr. E. B. Lowry.
Published by Forbes & Co., Chicago.

This book expresses the opinion that the age of forty is the turning point in the woman's life. This assertion is based on the author's keen observation and is explained and demonstrated by facts. This volume may serve as a guide in personal hygiene and may convey useful knowledge in this regard to the physician as well as to the lay reader. A. G.

Fatigue Study. By Frank B. Gilbreth and Lillian M. Gilbreth, Ph. D. Second edition. Revised.
Publ.: New York. The Macmillan Company. 1919.

That fatigue is one of the main predisposing factors in industrial accidents, has long been established as an undeniable truth. From the standpoint of this truism should this book be studied by the physician who is interested in accident prevention in the industrial field. In a most thorough scientific manner is the study of fatigue, its elimination and its prevention, presented in this volume. From all angles is it discussed in this book—waste of time, health and money for the employer as well as the employee. For the physician and persons engaged in public health work this book gives very valuable information. A. G.

Text Book of Practical Therapeutics. By Hobart Armory Hare. Seventeenth edition. 1023 pages, illustrated. Philadelphia and New York: 1918. Price, \$5.50.

Occasionally there comes to the reviewer's desk a volume that seems to bring with it the spirit of revisiting and renewing the friendship with an old and valued professor. Such an one is the tried and trustworthy text book of Professor Hare. There have been few changes either in subject matter or in form of presentation in the present edition of this volume and little can be added to the words of approbation that have been called forth on the occasion of each succeeding presentation of the book. Suffice it to say that Professor Hare's text book remains worthily a most valuable and a standard guide for treatment in the hands of thousands of American doctors and occupies a place wherever practical therapeutics are studied or applied. G. H. T.

Itinerary of a Breakfast. By J. H. Kellogg. 210 pages. New York and London: Funk and Wagnalls Company. 1919.

This little book is written for the layman. Its idea seems to be to give him some knowledge of gastrointestinal physiology in a simplified newspaper reporter style. Everything is made perfectly clear by beautiful colored diagrams, and the author's main idea is presented at the beginning of the preface. He believes that modern medical research has clearly incriminated the colon as the source of more disease and physical suffering than any other organ of the body. Intestinal toxemia is the most universal of all maladies and the source of this poisoning is the colon "with its seething mass of putrefying food residues." As many know, Kellogg believes that one must move one's bowels at least three times a day or suffer terrible damage. It is a delightful little book for the hypochondriac who loves to scare himself to death. W. C. A.